

# **The Ancient Spiritual Prayer Today's Church Fails to Practice**

Ken Shigematsu, pastor of Tenth Church in Vancouver, British Columbia, says the church needs to reclaim the discipline of silence. He says it's incredibly difficult to do—he is often tempted to check his phone rather than sit and simply do nothing but meditate on God for a long time—but vital for today's church. He says, “When I'm done, I feel lighter, I feel freer and throughout the day just a bit more relaxed and aware of Jesus.” Shigematsu offers an easy step-by-step guide on how to do contemplative prayer in this video.